



AFTERSCHOOL PROGRAMS: Fun Physical Activity



Name of Activity: Para-Jaws

Grade Level: 3-5

Equipment

- 1 24-ft. parachute

Skill Themes

- Teamwork & Cooperation

Fitness Components

- Muscular Strength
- Endurance

Organization

- Students are evenly spaced around the parachute holding the edge with both hands.
- Designate 4-5 students to be the "Sharks."

Description

- Students shake the parachute and chant the Para-Jaws theme ("Na-Na, Na-Na")
- The sharks disappear under the parachute and have 10 seconds each to find "food."
- Each shark gently grabs one shaker by the ankles. The shark and shaker trade places.

Teaching Suggestions

- Emphasize safety in tagging the shakers, i.e., "gently squeeze the ankles and do not pull."
- Remind students not to poke their heads through the center hole of the parachute.
- Make sure every student has a chance to be a shark.

Now Try This

- One student is chosen to be the shark. The shark swims underneath the parachute looking for food and grabs one shaker by the ankles. The shaker joins the first shark, so now there are two. Continue until the waters are "shark infested."
- Change the theme to "Bears," "Crabs," or "Frog." Students under the parachute must move according to the theme.



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